

2025 Long Course Championships

Event Schedule

Morning Sessions

| Friday 5 th December | | | | Saturday 6 th December | | | | Sunday 7 th December | | | |
|---------------------------------|------------|---|------|-----------------------------------|-------------|---|------|---------------------------------|-----------|---|------|
| Session 1 | | | | Session 3 | | | | Session 5 | | | |
| Warm Up 7.30am – 8.15am | | | | Warm Up 7.30am – 8.15am | | | | Warm Up 7.30am – 8.15am | | | |
| Start Time 8.20am | | | | Start Time 8.20am | | | | Start Time 8.20am | | | |
| 1 | 200 IM | M | HEAT | 11 | 100 Free | M | HEAT | 23 | 200 Fly | M | HEAT |
| 2 | 200 IM | F | HEAT | 12 | 100 Free | F | HEAT | 24 | 200 Fly | F | HEAT |
| 3 | 50 Fly | M | HEAT | 13 | 200 Breast | M | HEAT | 25 | 50 Breast | M | HEAT |
| 4 | 50 Fly | F | HEAT | 14 | 200 Breast | F | HEAT | 26 | 50 Breast | F | HEAT |
| 5 | 200 Free | M | HEAT | 15 | 100 Fly | M | HEAT | 27 | 100 Back | M | HEAT |
| 6 | 200 Free | F | HEAT | 16 | 100 Fly | F | HEAT | 28 | 100 Back | F | HEAT |
| 7 | 100 Breast | M | HEAT | 17 | 200 Back | M | HEAT | 29 | 50 Free | M | HEAT |
| 8 | 100 Brease | F | HEAT | 18 | 200 Back | F | HEAT | 30 | 50 Free | F | HEAT |
| 9 | 50 Back | M | HEAT | 19 | 400 Free | M | T/F | 31 | 1500 Free | M | T/F |
| 10 | 50 Back | F | HEAT | 119 | 400 Free MC | M | T/F | 32 | 1500 Free | F | T/F |
| | | | | 20 | 400 Free | F | T/F | | | | |
| | | | | 120 | 400 Free MC | F | T/F | | | | |
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Revised 29 September 2025



2025 Long Course Championships

Event Schedule

Evening Sessions

| Friday 5 th December | | | | Saturday 6 th December | | | | Sunday 7 th December | | | |
|---------------------------------|---------------|---|-------|-----------------------------------|-------------|---|-------|---------------------------------|--------------|---|-------|
| Session 2 | | | | Session 4 | | | | Session 6 | | | |
| Warm Up 3.00pm - 3.45pm | | | | Warm Up 3.00pm - 3.45pm | | | | Warm Up 3.00pm - 3.45pm | | | |
| Start 3.50pm | | | | Start 3.50pm | | | | Start 3.50pm | | | |
| 1 | 200 IM | M | FINAL | 11 | 100 Free | M | FINAL | 23 | 200 Fly | M | FINAL |
| 101 | 200 IM MC | M | FINAL | 111 | 100 Free MC | M | FINAL | 24 | 200 Fly | F | FINAL |
| 2 | 200 IM | F | FINAL | 12 | 100 Free | F | FINAL | 25 | 50 Breast | M | FINAL |
| 102 | 200 IM MC | F | FINAL | 112 | 100 Free MC | F | FINAL | 125 | 50 Breast MC | M | FINAL |
| 3 | 50 Fly | M | FINAL | 13 | 200 Breast | M | FINAL | 26 | 50 Breast | F | FINAL |
| 103 | 50 Fly MC | M | FINAL | 14 | 200 Breast | F | FINAL | 126 | 50 Breast MC | F | FINAL |
| 4 | 50 Fly | F | FINAL | 15 | 100 Fly | M | FINAL | 27 | 100 Back | M | FINAL |
| 104 | 50 Fly MC | F | FINAL | 115 | 100 Fly MC | M | FINAL | 127 | 100 Back MC | M | FINAL |
| 5 | 200 Free | M | FINAL | 16 | 100 Fly | F | FINAL | 28 | 100 Back | F | FINAL |
| 105 | 200 Free MC | M | FINAL | 116 | 100 Fly MC | F | FINAL | 128 | 100 Back MC | F | FINAL |
| 6 | 200 Free | F | FINAL | 17 | 200 Back | M | FINAL | 33 | 400 IM | M | T/F |
| 106 | 200 Free MC | F | FINAL | 18 | 200 Back | F | FINAL | 34 | 400 IM | F | T/F |
| 7 | 100 Breast | M | FINAL | 21 | 800 Free | M | T/F | 29 | 50 Free | M | FINAL |
| 107 | 100 Breast MC | M | FINAL | 22 | 800 Free | F | T/F | 129 | 50 Free MC | M | FINAL |
| 8 | 100 Breast | F | FINAL | | | | | 30 | 50 Free | F | FINAL |
| 108 | 100 Breast MC | F | FINAL | | | | | 130 | 50 Free MC | F | FINAL |
| 9 | 50 Back | M | FINAL | | | | | | | | |
| 109 | 50 Back MC | M | FINAL | | | | | | | | |
| 10 | 50 Back | F | FINAL | | | | | | | | |
| 110 | 50 Back MC | F | FINAL | | | | | | | | |

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